Daily trade-limit card (PDF)

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Print one per day and keep it next to your keyboard.

Today's limits

Date and trading window (start / stop time) _____

Maximum trades today _____

Daily loss stop ($ or R) _____

Valid setups today (names only) _____

Trade count (tick one box per trade)

- ☐ Trade 1: setup on my list? yes / no
- ☐ Trade 2: setup on my list? yes / no
- ☐ Trade 3: setup on my list? yes / no
- ☐ Trade 4: only if within limits

Cooling-off rule

Minutes I wait after a loss _____

After two losses in a row I will... _____

End of day

Trades taken / within plan _____

Cost of off-plan trades ($) _____

Sources: FINRA: Day trading; SEC Investor.gov: Day trading; ESMA: Restrictions on CFDs for retail investors; FINRA Rule 4210: Margin requirements. Full explanation and links: https://uxs.nz/basics/how-to-stop-overtrading/

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